



Registration is required for all classes and events. If less than 5 people register, class or event may be cancelled.
Register for all classes and events by calling (800)280-1601 or (270)769-1601 Extension 1035.

Meade County

Breck-Meade Diabetes Coalition will meet at the Meade County Health Center at 12:00 PM on **4/7, 5/5, & 6/2**. See the Messenger and the Standard for future updates & special events.

Managing Your Meals will be at the health department. Initial class from 1-2 PM and follow up from 2:30-3:30 PM on **4/8, 5/13, & 6/10**. Registration is required.

Melt Down Meade will meet each Monday at the Meade County Extension Office from **March 16-May 11** at 6:00 PM. Contact: Melissa Kinnard at 270-422-3988.

Pretty in Pink Pajama Party **May 16**, 2 pm at the Extension Office. Contact Melissa Kinnard at 270-422-3988

Breast Cancer Coalition Meeting **May 28**, 12:00 pm at Mr. Gatti's. Contact Melissa Kinnard at 270-422-3988

Grayson County

Grayson Diabetes Coalition will meet at the Grayson County Extension Office from 9-10 AM CST on **4/28, 5/26 & 6/23**.

Diabetes Support Group will meet at the Health Department from 2-3PM CST on **4/27 & 6/22**. Registration is required.

Managing Your Meals will be at the health department. Initial class from 8:30-9:30 AM and follow-up from 10-11 AM CST on **4/9, 5/14, & 6/11**. Registration is required.

Diabetes A-Z will be held at the health department on **4/6, 4/13, & 4/20** from 1-4 PM CST. A different topic will be covered each week and you will receive a tool to help with diabetes self-management. **Registration is Required.**

Hardin County

Hardin & LaRue Diabetes Coalition will meet from 6-7:30 PM on **4/7 & 6/2** at Lincoln Trail District Health Department and **5/5** at the LaRue County Extension Office.

Diabetes Support Group is offered at Hardin Memorial Hospital. Please call 270-706-5071 or 270-706-5092 for more information.

Managing Your Meals will be at Lincoln Trail District Health Dept. Initial class from 10-11 AM and follow-up from 1:30-2:30 PM on **4/17, 5/15, & 6/19**. Registration is required.

Two Fun and Fitness Camps will be offered in June. The first camp will be held **June 15-17** at the American Legion Park. The second camp will be held **June 22-24** at the Glendale Campgrounds. Each day will begin at 9:00 and end at 3:00. Second through fifth grade students are invited to attend. The cost is \$15 for one child, \$25 for two children, and \$30 for three children. Please contact Donny Gill at 765-6196 or Vicki Hughes at 352-5047 for more information.

LaRue County

Managing Your Meals will be at LaRue County Health Center on **4/27 & 6/22**. Initial class from 5:30-6:30 PM and follow-up from 7-8 PM. Registration is required.

Hardin & LaRue Diabetes Coalition will meet from 6-7:30 PM on **4/7 & 6/2** at Lincoln Trail District Health Department and on **5/5** at LaRue County Extension Office.

Nelson County

Managing Your Meals will be at the health department. Initial class from 9-10 AM and follow-up from 11AM-12 PM on **4/27 & 6/22**. Registration is required.

Diabetes Basics a class for everyone that teaches the basics of diabetes care will be held **4/21** at Flaget Immediate Care Center from 5:30-6:30 pm. Registration is required.

Diabetes A-Z will be held at Flaget Immediate Care Center on **6/8, 6/15, & 6/29** from 5:30-7:30 PM. A different topic is covered each week and you will receive tool for managing diabetes. Registration is required.

Marion, Nelson & Washington Diabetes Coalition will meet on **4/28, 5/26, & 6/23** at Diabetes Care Solutions in Bardstown from 4:45-5:45.

5 K Run

Saturday, June 20, beginning at 8 am behind Bardstown City Hall. Early registration is \$10. Trophies awarded in a variety of categories, door prizes, food and health exhibits. This helps support the Nelson County Community Clinic.

"Weight the Reality Series"

Hosted by Nelson County Extension office and the Nelson County Health Department will be held every Wednesday from 5-6:30 PM from **April 15th - June 17** at the Extension office 317 S. 3rd Street. Each class will have information on weight loss nutrition and fitness. For more information or to register, call the Nelson County Extension agent at 502 348-9204.

Washington County

Managing Your Meals will be at the health department. Initial class from 1-2 PM and follow up from 2:30-3:30 PM on **4/14, 5/12, & 6/9**. Registration is required.

Marion, Nelson & Washington Diabetes Coalition will meet on **4/28, 5/26, & 6/23** at Diabetes Care Solutions in Bardstown from 4:45-5:45.

Marion County

Marion, Nelson & Washington Diabetes Coalition will meet on **4/28, 5/26 & 6/23** from 4:45-5:45 at Diabetes Care Solutions in Bardstown.

Marion County Family Bike and Hike

April 18th
Registration begins at 8am, race begins at 9am at Graham Memorial Park, Lebanon.

Car Seat Checkpoint

The date is to be announced.
Will be held in May at the Marion County EMS in Lebanon. For more information contact Jennifer Osborne at 270-692-3393

ALL CLASSES ARE

FREE!!!!

Spring Is Here!



Time & date are subject to change.
Classes/groups will be cancelled
if local county or Hardin County
Schools are closed for weather